



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

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Free Yoga and Tai Chi Offered This Summer in Your National Park

Brecksville, Ohio – Cuyahoga Valley National Park (CVNP) offers a summer of FREE *green exercise* that includes yoga and tai chi. On Tuesdays, July 2, 9, 16, and 23, join certified yoga Instructor Nancy Holland as she focuses on steadily building and strengthening a yoga practice through a solid foundation of safe and strong alignment and yoga breathing. On Wednesdays, July 31 and August 7, 14, and 21, join NG Energy's certified tai chi Instructor Nancy Gardner to learn how tai chi can boost your energy, improve your balance, and help you reduce and manage stress.

All FREE sessions are held at the Ledges Shelter, from 7 - 8 p.m. The Ledges Shelter is located on Truxell/ Kendall Park Road, 1 mile west of Akron Cleveland Road, Peninsula 44264.

Why exercise outdoors? *Green exercise* increases fitness levels, decreases stress, cleans impurities from your body, improves concentration, and raises your level of vitamin D. CVNP offers open spaces, the beauty of nature, and recreational activities that will get your heart pumping while you're having fun.

These *green exercise* programs are made possible by an Active Trails grant from the National Park Foundation to promote Health and Wellness opportunities in the park.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron, Ohio. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information visit www.nps.gov/cuva or call 330-657-2752.

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